

Clean copy of the claims:

- D 1 26. In a method of controlling a temperature of an object, a variable-phase substance
2 exhibiting a property of an insulator or a property of a metal in a high temperature
3 phase or a low temperature phase, respectively, and radiating a great amount of heat
4 or a small amount of heat in a low temperature phase or the high temperature phase,
5 respectively, is affixed to said object wherein a transition temperature of said
6 substance depends upon a value of x in the perovskite Mn oxide of Mn-containing
7 perovskite represented by $A_{1-x}B_xMnO_3$ causes a transition temperature, where A is at
8 least one of La, Pr, Nd and Sm rare earth ions, and B is at least one of Ca, Sr, and Ba
9 alkaline rare earth ions.
-